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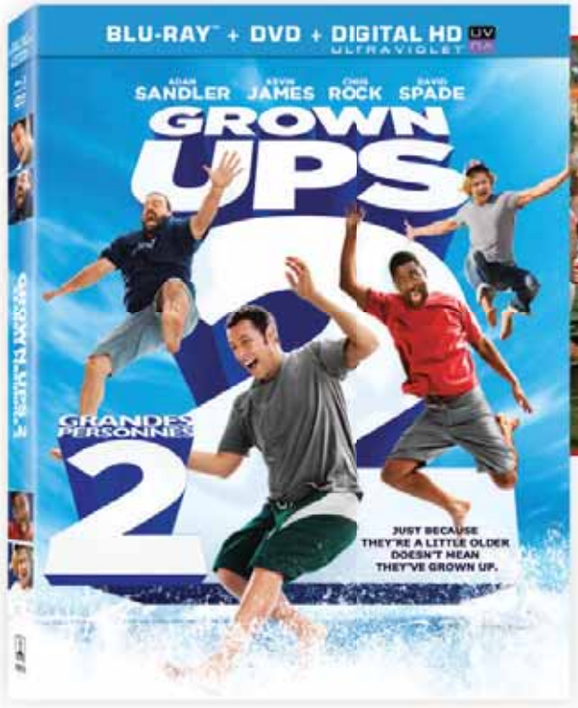
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IN WHICH SHANNON TAKES A CLIENT TO MISTER MCFUNBURY

PAGE 8

Do you like it? It's the Chinese symbol for diarrhea

6/10 foreign-language tattoos have errors: Think Before You Ink founder PAGE 13

Ousted president resurfaces

Egypt's Mohammed Morsi defiantly rejects court's authority, saying those who overthrew him should be on trial PAGE 6

BREEZY RECOVERING, BUT ...

Breezy the dog takes a treat from Dominique Lalonde, right, as Ottawa Humane Society executive director Bruce Roney speaks to media at a press conference Monday about the dog's recovery from a brutal beating with a shovel at the hands of her owner. The OHS says it has seen a huge spike in animal cruelty cases. See story on page 4. DENIS ARMSTRONG/FOR METRO

Airport rail talks cleared for takeoff

O-Train. Mayor adamant airport would have to pay for any cost increases to planned expansion

STEVE COLLINS
For Metro in Ottawa

Ottawa's transit committee approved rail and bus expansions proposed in the city's Transportation Master Plan Monday, even as the mayor opened the door to connecting the O-Train to the airport, an option he'd explicitly rejected when he unveiled the plan last month.

The TMP documents came to transit commission, chair Diane Deans said, "because the majority of transportation investments the city is going to be making over the next 20 years focus on transit and connecting people to transit, so that we can encourage people to get out of their cars and onto light rail and buses."

The plan itself is a work in progress, as demonstrated by a letter from Mayor Jim Watson to council announcing his willingness to expand environmental assessments to study a possible O-Train airport service, and sit down to negotiate with the airport authority — with certain caveats.

"We've made it very clear to them that, one, whatever is proposed is not going to slow down the day-to-day commuter travel that the line is primarily designed for, and secondly, that any cost increments are born by the airport," Watson said.

Kevin Kinsella, who lives near South Keys and uses a wheelchair, told the transit commission that taking the O-Train to the airport would be a big improvement over the #97 bus.

"Let me tell you, it's not really that convenient to lug luggage up those ramps," he said. "The O-Train is so much easier to use."

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Off duty

Cop charged with drunk driving

An Ottawa police officer has been charged with drinking and driving while off duty.

Police say they made an arrest around 6 a.m. on Nov. 2 after finding a driver and vehicle at Terry Fox Drive and Hazeldean Road. Const. Ahmad Bayaa was charged with operating a motor vehicle with more than 80 mg of alcohol per 100 ml of blood.

He was released on a promise to appear in court Nov. 18.

Bayaa has been assigned to administrative duties and the force's professional standards section has begun an investigation.

"This matter is before the courts and it is important that we respect due process," said Ottawa Police Chief Charles Bordeleau in a news release issued Monday. "The Ottawa Police Service expects the conduct of all officers to be of the highest standard and reflective of the values of our community."

METRO

Criminal negligence

Charges laid in fatal car crash

Police have charged a 28-year-old Ottawa man with criminal negligence causing death and dangerous operation of a motor vehicle causing death in relation to a May 26 crash on Woodrofe Avenue at the Highway 417 overpass that killed Kouchi Matsumoto, 70.

Suranjan Arasaratnam was released by police on a promise to appear in court on Dec. 16. METRO

Watson, Gatineau mayor talk transit

Ottawa Mayor Jim Watson spoke to Gatineau's new mayor-elect Maxime Pedneaud-Jobin yesterday to congratulate him on his win, but put off discussing ideas like rail service across the river.

"We have a whole series of common issues we want to talk about and transportation is certainly one of the ones high on the priority list," Watson said.

After his election Sunday night, Pedneaud-Jobin told Metro transit will be a major priority for his government, and that he's ready to spend "millions" working with Ottawa on an interprovincial rail link.

Watson agreed the two cities will need better connections "eventually," but Ottawa's current priorities are outlined in its Transportation Master Plan (TMP).

"Everything is dependent on a combination of political will and money," he said. "We've got a plan that's very ambitious. It's $3 billion, and that just builds out our existing system on this side of the river. So at some point, if additional funds become available, then we can have a more serious discussion."

STEVE COLLINS/METRO, WITH FILES FROM TREVOR GREENWAY

Ottawa Mayor Jim Watson, left, and newly elected Gatineau Mayor Maxime Pedneaud-Jobin. METRO FILE

Tyke team 'ecstatic' despite loss in final

Generals. Coach hopes recent success will encourage more inner-city kids to play football

TREVOR GREENWAY
trevor.greenway@metronews.ca

The East Ottawa Generals tyke football team made a run for the National Capital Amateur Football Association championship Sunday for the first time in club history.

Although the team lost the final 33-12 to the Gloucester South Raiders, players, coaches and parents couldn't stop smiling at the team's performance this year, Generals president Mark Quinn said.

"We were just excited to make it this far," said Quinn.

"We have had a couple teams advance to the quarter-finals, but never to the semi-finals and never to the championship finals."

The record-setting run is special for the club that has struggled to field football teams since it joined the league in 1991.

"There is a high amount of immigrants and low-income families in the area that makes us struggle just to put teams together," said Quinn, adding that his club has never once filled a complete roster of 36 athletes. "Some of these kids don't know what football or hockey is."

But at least two of the kids certainly know how to play the game. It was Generals star running back Mark Webb and defensive player Noah Porter that carried their team all year, said Quinn.

The two were former cuts from bigger city football programs years ago, but both have grown into dominant players with the Generals.

Webb set a club record this year with an impressive 24 touchdowns in just seven games. The team went 5-3 this year and blasted through typically stronger squads like the Kanata Knights and the Nepean Redskins en route to the finals Sunday.

They couldn't muster up enough offence to take out the Raiders, but Quinn said he's still "ecstatic."

East Ottawa Generals defensive player Noah Porter tackles a Gloucester South Raiders player during the National Capital Amateur Football Association Championship final Sunday. CONTRIBUTED

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Abused dog meets the press after remarkable recovery

Breezy does it.
Shocking case not the worst Humane Society has seen, says OHS chief

DENIS ARMSTRONG
ottawa@metronews.ca

Breezy, the dog that was beaten with a rake and shovel and left for dead by her owner Oct. 16, is making a remarkable recovery.

At a Monday morning press conference, the Humane Society's executive director Bruce Roney said that despite a fractured skull, X-rays on the 18-month old German shepherd-Labrador mix showed that there was no brain swelling.

Veterinarians are now waiting to see if one injured eye has to be removed before they put her up for adoption in four to six weeks.

"Her personality is really coming out now," said Breezy's handler Dominique Lalonde.

"She's young and fun and bonding with Humane Society staff."

While Breezy's prognosis is good, staff at the Ottawa Humane Society are disturbed by what they see as an alarming spike in cases of animal cruelty, including pets left in hot cars, pets not getting necessary veterinary care, and physical abuse.

"It's a disturbing trend," said Roney. "Bad things happen to pets that don't meet the owner's expectations, and Breezy is not the worst case we've seen."

Breezy's former owner is facing a number of charges. If found guilty, he could receive five years in prison and a $60,000 fine, though Roney said courts rarely give anything near the maximum.

"Usually, they get a slap on the wrist," he said. "We want to see the courts take animal abuse seriously."

Donations for Breezy's care come into the Humane Society daily, and hundreds of families have registered to adopt her once she gets medical clearance. A Facebook petition for calling for stronger animal-cruelty sentences has 100,000 signatures.

Rising cruelty

Between July and October 2012, the Humane Society conducted investigations into 63 reported cases of pet abuse.

- In the same period this year, that number tripled to 183, nearly a 300% increase.

Despite a fractured skull, X-rays on the 18-month old German shepherd-Labrador showed no brain swelling. Veterinarians are waiting to see if one eye has to be removed before they put Breezy up for adoption in 4-6 weeks. DENIS ARMSTRONG/FOR METRO

Cops haul in 1,035 firearms with Pixels for Pistols firearm amnesty

Guns-and-gangs unit Staff Sgt. Mark Patterson, left, and Ottawa Police Chief Charles Bordeleau inspect the handguns collected during the Pixels for Pistols campaign, which yielded 1,035 firearms in the last month.
TREVOR GREENWAY/METRO

The wife of a competitive shooter turned in 21 of her late husband's guns, helping the Ottawa police collect 1,035 firearms during its Pixels for Pistols programs — the city's 30-day gun amnesty initiative aimed at ending gun violence and ensuring unwanted firearms wouldn't end up in the wrong hands.

"We can safely say that these guns won't be used in a crime," said Ottawa Police Chief Charles Bordeleau during a press conference Monday.

"They won't be used to help a person commit suicide and they will be destroyed safely."

The program collected a total of 735 long guns, 178 handguns, 104 air guns and other replica firearms.

Everyone who turned in an operational firearm that hadn't been used in a crime will be given an Olympus digital camera and a Henry's School of Imaging course valued at $175.

Of the more than 1,000 firearms turned in, Guns and Gangs Unit Staff Sgt. Mark Patterson was "impressed" with the number of handguns turned in over the last month — guns he said are often used in shootings in the city. He said he's glad the guns won't make it that far.

Throughout the month-long campaign some Metro readers criticized the initiative for not targeting street guns and instead disarming law-abiding gun owners.

Police responded to such criticisms saying the program may help to reduce the incidence of firearms used in domestic violence and the potential for firearms to be stolen in home break-ins.

Police ran a similar program in 2008, which yielded 490 guns.

TREVOR GREENWAY/METRO

Off the streets

"We can safely say that these guns won't be used in a crime."
Ottawa Police Chief Charles Bordeleau

$30M. NRC program aims to replace fossil fuel plastics with biomaterial

The National Research Council is going to spend $30 million over the next five years to develop "industrial biomaterials," with private-sector manufacturers, the federal government announced.

"This new program will strengthen Canada's role as a leader in the development of innovative and sustainable materials and technologies," said Greg Rickford, minister of state for science and technology, in a news release announcing the funding.

The NRC news release touted the move as one that would "help create more fuel-efficient vehicles and greener construction materials."

Over the course of the program the government hopes to generate, an additional $25 million through "collaborative projects with industry, academic institutions and other government departments." The release doesn't make clear who the $25 million will come from — the private sector or government.

The NRC announcement said the aim of the program is to reduce reliance on petroleum-based plastics.

NRC president John R. McDougall, left, and Michel Dumoulin inspect a plank of lignin-based plastic on Monday.
JOE LOFARO/METRO

Michel Dumoulin, the NRC's general manager of Engineering, Automotive and Surface Transportation, said the government's investment will not only give manufacturers access to cheaper raw materials, but it will also reduce Canada's carbon footprint.

"Using less petroleum materials and more bio-based materials improves our balance in terms of climate change and the environmental footprint," said Dumoulin.

METRO

Toronto. Ford theatre has some applauding, others searching for the exit

Canada's largest city remained divided over its embattled mayor Monday after a public apology from Rob Ford failed to quell the controversy over an alleged crack video.

While some saw his words as the push needed to move past a long-running drug scandal, others said little had changed for Toronto.

After first saying he was sorry on his weekend radio show, the mayor took to the airwaves again Monday morning to repeat his apology for public drunkenness and texting while driving.

As before, however, Ford dodged questions about the alleged video that appears to show him smoking crack.

For some Toronto residents, Ford's latest statements did little to change their views.

"Rob Ford's 'apology' sounds to me like just blowing smoke. Never mind what kind of smoke," one person said on Twitter.

"How many lies must Rob Ford be caught in before we can officially declare him to be a liar?" tweeted another.

But Ford's supporters continued their staunch defence of the mayor.

"Despite whatever Mayor Rob Ford has done in his personal life, he is still a good mayor and people should leave him alone," tweeted one woman. "The end result is that he is saving tax payers money," said another.

Toronto's deputy mayor said Ford's "blanket apology" and an acknowledgment that his personal lifestyle was affecting the life of the city was a good first step.

"It may not be the one that everyone had anticipated but it was enough," Coun. Norm Kelly said. THE CANADIAN PRESS

Staying in character

"I'll be running the ship, even if it's by myself."

Toronto Mayor Rob Ford, while challenging any member of his government who can't work with him to leave.

Toronto Mayor Rob Ford appears on his weekly radio show in Toronto on Sunday. MARK BLINCH/THE CANADIAN PRESS

Red tape

Injured vet says Canada not doing right by its troops

A military veteran who suffered multiple injuries when his vehicle rolled over in Afghanistan says the Canadian government is failing former soldiers by not providing the care they need.

Cpl. Shane Jones says he has been assigned more than three Veterans Affairs caseworkers since June and has had about eight since he was medically released from the Forces in 2008.

The 38-year-old father of three said that has impeded his treatment for post-traumatic stress disorder and a traumatic brain injury he sustained when his vehicle rolled over in Afghanistan in 2005.

He said he wanted to speak out at a news conference Monday in Halifax because he knows of many injured veterans who are struggling with bureaucratic red tape and regular upheaval in their care.

"There's no way they're ever going to get better if every couple of months they're getting a new case manager, which basically means they have to start at ground zero," he said.

"It's been six or seven years since my accident … but I'm no further ahead today, treatment and recovery-wise, than when I first got off that plane." THE CANADIAN PRESS

Anonymous demands RCMP officer be fired

Hacktivism. Notorious online group threatens to release personal info about Mountie who appeared to utter slur during New Brunswick anti-fracking protest

LUKE SIMCOE
Metro Online

The hacktivist group Anonymous is demanding an RCMP officer who was caught on video appearing to utter a racial slur during anti-fracking protests in New Brunswick be fired.

Two weeks ago, members of the Elsipogtog First Nation and opponents of shale-gas development clashed with police in Rexton, N.B. Five police cruisers were destroyed and dozens of protesters were arrested.

The event drew the attention of Anonymous, who launched #OpFrackOff in support of the protests. The group has previously become involved in other high-profile Canadian cases, including Idle No More and the death of Rehtaeh Parsons in Nova Scotia.

This time, Anonymous has focused on an RCMP officer who appears in a video to utter a derogatory slur while confronting Mi'kmaq activists on Oct. 17. In the video obtained by the group, an unidentified Mountie can be heard telling protesters that "Crown land belongs to our government, not to f—ing Natives."

In documents posted online, Anonymous has threatened to release personal information about the offending officer unless he is fired by the RCMP.

Const. Jullie Rogers-Marsh of the New Brunswick RCMP confirmed that one of their officers uttered the slur. She said as soon as the Mounties became aware of the incident, the officer in question was sent home and an internal investigation was launched.

"We took action immediately," she said. "This type of behaviour is unacceptable and it's taken seriously by the RCMP."

Rogers-Marsh would not say what disciplinary measures might be taken, nor would she confirm whether the results of the investigation would be made public.

A police vehicle is seen in Rexton, N.B., as police began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick on Oct. 17. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

Concerned with camo

Over the weekend, #OpFrackOff appeared to switch their focus onto what they believed was the involvement of the military in the protest. The group's claims appear to be based on the fact that camouflage hats were worn by officers at the protest.

- Rogers-Marsh denied any military personnel were present. "(Anonymous) can compare pictures all they want," she said. "There were absolutely no military members involved in any of the shale gas protests. Everyone there was a police officer."

Brazeau: 'It can happen to you'

One of three former Conservative senators facing suspension without pay is warning all parliamentarians that the same thing could happen to them.

Patrick Brazeau made a last-ditch appeal to fellow MPs and senators Monday as the government moved to shut down debate on the proposed suspensions and force a vote on Tuesday.

"Colleagues, if this can happen to me, it can happen to you," Brazeau wrote in a letter to all parliamentarians.

"I recommend you have a lawyer examine all claims you submit before you submit them," Brazeau advised his colleagues. "You may currently believe you are being compliant with (House of Commons) or Senate policy. The rules may change without your knowledge and you may find yourself kicked out of your caucus, being suspended without pay and being scapegoated in the media as some kind of entitled 'fat cat.'

"This can happen in spite of the fact that you are completely compliant with a given policy. This can happen even though you never submit per diems for lunch and brown bag it every day. Your compliance is irrelevant if internal economy says that it is, as they are above the law." THE CANADIAN PRESS

Looking for closure

51-34

The closure motion to shut down debate on the proposed suspensions and force a vote passed by a vote of 51-34.

Sen. Patrick Brazeau arrives at the Senate on Parliament Hill Oct. 30 in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Dozens of Canadians willing to pay for web sex with 10-year-old: Researchers

Webcam child-sex tourism. Researchers created a 3-D animation of the girl to convince the men they were dealing with a real child

A sting operation has turned up dozens of Canadians among thousands of adults willing to pay to watch a 10-year-old Filipino girl perform sex acts on a webcam, an international children's rights group said Monday.

The group Terres des Hommes, operating out of Amsterdam, said 54 Canadians were among more than 1,000 adults from 71 countries identified during the 10-week project.

"It's frightening to see that these people think that the Internet is a completely lawless space," said one of the researchers for the group, who identified himself only as Peter for fear of reprisals.

"The most shocking part of this — aside from the horrific child-abuse material that we were sometimes sent — was just the fact that it was so easy to catch these people. They have zero-risk perception."

Detailed identification information — including names, addresses, telephone numbers and email addresses — was now in the hands of Interpol for passing on to national law-enforcement authorities to investigate, Peter told The Canadian Press from Amsterdam.

Predators

In all, the researchers identified more than 1,000 predators — including 254 Americans and 110 Brits.

- They said they would have been able to ID far more if they had more time and resources.

Canada's Criminal Code prohibits accessing child pornography and child prostitution, so the law should be adequate for prosecution, the group said.

In all, 20,172 adults offered to pay between $1 and $100 using untraceable prepaid credit cards to have "Sweetie" perform a sex show via webcam — despite being told at least twice that she was only 10.

Until now, Peter said, he believed police had a good handle on the webcam sex tourism. The project has shown that's not the case, he said.

"The idea that police are on top of this kind of child abuse is just an illusion," Peter said.

The group has posted a documentary about its investigation on YouTube — youtube.com/sweetie — and begun a petition aimed at pressing authorities and politicians to do more to halt such illegal sex shows.

THE CANADIAN PRESS

Anti-American rally in Iran

Iranian school girls raise their palms with Persian that reads "death to America" during an anti-American rally in Tehran, Iran, Monday. Tens of thousands of demonstrators packed the streets outside the former U.S. Embassy in Tehran in the biggest anti-American rally in years; a show of support for hard-line opponents of President Hassan Rouhani's historic outreach to Washington. EBRAHIM NOROOZI/THE ASSOCIATED PRESS

First appearance in months. Egypt's ousted president defiant in court

After four months in secret detention, deposed President Mohammed Morsi defiantly rejected a court's authority to put him on trial Monday, saying he still was Egypt's leader and that those who overthrew him should face charges instead.

The trial, which was interrupted twice on its first day by shouting in the raucous courtroom, was then adjourned until Jan. 8 to allow lawyers time to review the case against Morsi and his 14 co-defendants — all prominent members of the Muslim Brotherhood.

Morsi, Egypt's first freely elected president, had been held at an undisclosed location since the military ousted him in a coup July 3. His appearance in court represented a step by the military-backed authorities toward granting him due process in the face of mounting criticism by rights groups.

Morsi in court

The 62-year-old Morsi, who wore a dark blue suit, light shirt and no tie, was feisty and healthy-looking during his court appearance.

- He refused to wear a prison uniform as part of his rejection of the trial's legitimacy, according to security officials.

Morsi and his co-defendants face charges of inciting the killing of protesters who massed outside the presidential palace in December and demanded he call off a referendum on a new constitution drafted by his Islamist allies. Brotherhood members attacked a sit-in by the protesters, sparking clashes that left 10 people dead.

THE ASSOCIATED PRESS

This image made from video provided by Egypt's Interior Ministry shows ousted President Mohammed Morsi speaking from the defendant's cage in a makeshift courtroom during a trial hearing in Cairo on Monday. EGYPTIAN INTERIOR MINISTRY/THE ASSOCIATED PRESS

Budapest

Hungarian lawmaker admits beating partner

Hungarian prosecutors say that a lawmaker who claimed his partner had injured herself after tripping over their large dog has confessed to punching her in the face, grabbing her hair and slamming her head against wooden terrace railings.

Prosecutors said Monday that Jozsef Balogh was drunk on April 28 when he assaulted his partner, who suffered a broken nose, multiple cheekbone fractures and other injuries.

Balogh resigned from the governing Fidesz party's parliamentary faction in May after party officials indicated his behaviour was unacceptable. He has been an independent lawmaker since then. THE ASSOCIATED PRESS

T-shirts for action

U.S. celebrities protest Russian ban on gay 'propaganda'

Actors Jonah Hill, Jamie Lee Curtis and Kristen Bell are among a batch of celebrities donning Russian-language "Love Conquers Hate" T-shirts to show support for gays in Russia alarmed by a new law banning pro-gay "propaganda."

It's part of an initiative launched Monday by the Human Rights Campaign, the largest U.S. gay-rights group.

Participating celebrities will share photos of themselves wearing the T-shirts on their social media platforms, encouraging followers to do likewise. The HRC says all net proceeds from shirt sales will go to a fund supporting gay-rights efforts in Russia.

THE ASSOCIATED PRESS

The Square will debut exclusively on Netflix early next year. The streaming service broke new ground when it won an Emmy for House of Cards, now the company seems focused on adding an Oscar. NOUJAIM FILMS/THE ASSOCIATED PRESS

And the Oscar goes to ... Netflix for The Square?

First the Emmys, now the Academy Awards. The video-streaming service has its sights set on new movie premieres

Netflix has acquired the first-run rights to a documentary on the Egyptian protests in Cairo's Tahrir Square, signalling a new push by the subscription company to program movie premieres.

The Square will debut exclusively on Netflix early next year. The documentary depicts the tumult of the Egyptian Revolution beginning in 2011.

In a letter to shareholders this year, Netflix executives said the company would expand its growing library of original content beyond new TV shows like House of Cards and would seek to add "broadly appealing documentaries." THE ASSOCIATED PRESS

Award bait

The Square will have a short theatrical run to qualify the film, an award-winner at the Sundance and Toronto film fests, for Oscar consideration.

IPO. Young adults cool on buying Twitter stock

Twitter faces skepticism from potential investors and the broader public ahead of its initial public offering, according to an Associated Press-CNBC poll released Monday.

Twitter plans to make its Wall Street debut this week and, surprisingly, 52 per cent of people ages 18 to 34 say investing in the company's stock is not a good idea.

Some 36 per cent of Americans say buying stock in the seven-year-old short-messaging service would be a good investment, while 47 per cent disagree. Last May, ahead of Facebook's IPO, 51 per cent of Americans said Facebook Inc. would be a good investment. Just 31 per cent didn't agree.

Twitter Inc. will begin trading on the New York Stock Exchange on Thursday morning after setting a price for its IPO sometime Wednesday evening.

THE ASSOCIATED PRESS

Dog could fetch $55M

Balloon Dog (Orange) by Jeff Koons is scheduled for auction at Christie's auction house next Tuesday, where it's expected to sell for up to $55 million US. CHRISTIE'S/THE ASSOCIATED PRESS

Waterloo. BlackBerry hires turnaround expert after failure to get a buyer

John Chen will replace BlackBerry CEO Thorsten Heins on an interim basis.
RICHARD DREW/THE ASSOCIATED PRESS

A well-connected U.S. tech industry veteran with a track record on turnarounds, John Chen has been named to lead troubled Canadian mobile telecommunications giant BlackBerry Ltd., the company announced Monday.

As executive chairman, Chen will be responsible for its strategic direction, strategic relationships and organizational goals, the Waterloo-based company said.

The move came as BlackBerry failed to attract a buyer for the company by Monday's deadline, throwing its future into doubt.

Its largest shareholder, Fairfax Financial Holdings, along with other investors, has thrown it a $1-billion US lifeline through the purchase of convertible debentures.

But more change is coming.

Chen will also become interim chief executive officer when the debenture deal closes, likely in two weeks, while the company searches for a successor to departing CEO Thorsten Heins, the company said.

A Hong Kong native who trained as an electrical engineer in the U.S., Chen has worked at a number of large tech industry firms. TORSTAR NEWS SERVICE

Gay rights

Following uproar, Barilla pledges to improve diversity

Italy-based pasta maker Barilla is pledging to improve diversity after protests were sparked by an executive's claim the company would never feature ads depicting gay families.

In September, gays and others raised calls to boycott Barilla products, which include cookies and bread. Many of the company's ads depict heterosexual couples with children gathered for meals. THE ASSOCIATED PRESS

UN dietary guidelines

Nestlé products to have less salt

The world's biggest food-and-drink company is pledging to speed up making hundreds of products with less salt to honour new UN dietary guidelines.

Nestlé says further cuts in salt would be made in all its food brands worldwide in keeping with the World Health Organization's new guideline that adults should limit salt intake to no more than five grams per day.

THE ASSOCIATED PRESS

Random biz fact of the day

1 in 3

1 in 3 employers rejected candidates based on something they found about them online.
BEHIRING/NEXCAREER

Market Minute

DOLLAR 95.99¢ (+0.09¢)

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Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 2

metronews.ca/temp

Hipster for hire

Yeah, I work... at perfecting the creases on my distressed denim

British Columbia's provincial government got a lot of attention in 2012 for transit ads declaring "hipster is not a full-time job."

The jury is still out, but it can certainly be a lucrative temp job.

Modelling agency Voltage Entertainment placed a Vancouver Craigslist ad Oct. 8, looking for the face of brand ambassador "Hipster Randy."

Said hipster would be paid $2,500 a month and be on call for whenever the newest vintage clothing, vinyl record, craft brewing, organic farming operation needs a hunky, unshaven, flannel-clad, thick-framed-glasses-wearing man to give them instant "too cool to care" street cred.

Whatever.

MATT KIELTYKA/ METRO

GETTY IMAGES

Temp Accepts a Slightly Random Date with Chinese Guy

Today was Thursday. In the future, every day of the week will be Thursday. We're all going to be working to the grave and we all know it so days of the week will be meaningless. I call it Permathurs — I just happened to the future before most people. Permathurs isn't totally bad, but without the Internet it would be truly horrible.

My morning highlight was when Kyle the bike courier showed me his new forearm tat, a bleeding dagger, which sounds cliché but it was actually kind of hot, even though Kyle's not my type. Everyone in the office thinks we're some Big Item, and when we flirt everybody turns into gum-chewing zoo visitors staring at the chimp cage hoping something frisky transpires.

Then the day quickly went sideways. First, my daily ride home bailed on me — my sister, Amy, who just landed a gig teaching yoga for tweens at the now-empty Barnes & Noble on Route 34.

"Shanny, I hear buses are great these days. Like hotels, practically. You can blog about it — it's free content — you own your bus ride!"

Second, Kevin Taylor's and Andy Kimura's flight back from Beijing was grounded for a day because of a bird flu scare: scheduling mess. Third, there was a Norovirus outbreak at the Bunmeister during yet another lunchtime farewell party.

At 4:30, while I was puzzling over how to bus it home, the Danimal hobbled up to my desk, obviously deeply regretting his Bunmeister's Cheesetastic Meatball-icious sub.

"Dan, maybe you need some of those super-drugs they give to people on cruise liners."

"Shannon, I need you to do some overtime for me — for the company."

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas ..."

Twice my regular hourly rate?

"Sure. What is it?"

"I need you to take a client out for drinks and dinner."

"What? No!"

"Shannon, here's the thing, all of us are dying and this guy has to be taken care of."

"Meaning?"

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas at Mister McFunbury's out by the off-ramp that takes you out to the oil refineries. This guy's not high up the food chain, but we can't not do something."

I stared him down. "OK, one: a week of free taxi chits. Two: cash up front for the food — my cards are all maxed out. Three: drinks, dinner, dessert and goodbye. Two hours max."

"Agreed."

"Who is he, anyway?"

Random fact of the day

Coffee cold this morning?

- You can heat it up with sound energy by yelling at it for eight years, seven months and six days.

SOURCE: MSN.COM

"I think he's the idiot son of one of the engineers who's disassembling one of our lines. Andy says he's the guy who inserts the harpoon so they can reel it all back to Asia."

"Sounds colourful. OK. I'm in."

TO BE CONTINUED...

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HOW TO LOOK MORE ATTRACTIVE

SHE SAYS

Jessica Napier
metronews.ca

There are many benefits to surrounding yourself with a great group of friends: Companionship, emotional support, always having someone to drive you home after you've had too many glasses of wine. But did you know that your pals also have the potential to make you appear more physically attractive?

Researchers at the University of California, San Diego, recently conducted a study to determine the validity of the so-called "cheerleader effect." Popularized by on-screen ladies' man Barney Stinson from the TV show How I Met Your Mother, the theory suggests that people seem better-looking when seen in a group context. I'll ignore my reservations about why academics are investing time and resources into proving the scientific merit behind the deranged ramblings of a television character, and get to the details.

Psychological scientists Drew Walker and Edward Vul conducted five separate experiments among 130 undergraduate students at the university to evaluate how people's perceived beauty might vary depending on whether they're alone or in a group. Participants were asked to rate the physical attractiveness of 100 individuals by looking at a variety of photographs. Sometimes the subjects were shown in a group portrait with two other people, other times the pictures were cropped to show the person alone. Overall, test subjects scored about two percent higher in terms of looks when shown as part of a group. Not an overwhelming beauty-boost, but statistically interesting enough to make me reconsider posting so many selfies online.

While the findings of the study might seem somewhat predictable — people who are socializing with others usually appear happy, confident and thus more appealing than solitary loners — there's actually a bit more science to this phenomenon. The rationale behind the cheerleader effect has to do with our brain's subconscious tendency to merge facial features when looking at more than one person. We tend to read faces in group settings as ensemble representations and diminish individual's idiosyncrasies in the process. Unattractive characteristics that would stand out if seen in isolation are leveled out to give everyone an average group face. In this case, being average-looking is actually a good thing.

And while the 'cheerleader' label brings to mind acrobatic females in short skirts, the theory actually applies to both sexes. Men and women were consistently regarded as better looking when in the company of two or more people of the same gender.

"Having a few wingmen or women may indeed be a good dating strategy" the researchers are quoted as saying.

"The effect is definitely small, but some of us need all the help we can get," Vul said.

Follow Jessica Napier on Twitter @MetroSheSays

metro PHOTO CHALLENGE

Sharp instincts earn photographer top prize

COURTESY DOMINIKA WYPYCH

Sixth sense captured with a camera phone

Dominika Wypych, of Sweden, is one of this year's global grand winners of Metro's Photo Challenge with her submission of the Weimaraner that she snapped with her cellphone. This year's challenge entailed capturing a sense — which in this case is the sixth sense. METRO

Quoted

"The picture I took is of my dog, Salsa, who has cancer. This was the day before she was going to surgery and we wanted her to get a run in the woods, even though it rained. Since dogs are smarter than you think, she felt that something was going to happen. I saw it on her. So I wanted to capture the moment and took the picture with my camera phone, because it was really a 'sixth sense' moment." Dominika Wypych, 34, Stockholm

Shutterbugs

Metro Photo Challenge was introduced nine years ago in Sweden and ran globally for the first time in 2007.

Click metronews.ca for more photo contest submissions.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Archive.org is a rabbit hole of audio, video and literature culled from decades worth of media. Like most rabbit holes, it's hard to know where to start — but it's hard to beat the old-timey charm of 1940s radio programs. Try searching out these to get started.

POLOGOOMBA/FLICKR

Secrets Of Scotland Yard:
A fantastic true crime series that aired from 1949-51 that's packed with rich British accents, nefarious characters and schemes targeting the crown jewels (of course) and "unsightly" wives.

Mel Blanc Radio Show:
Mel Blanc, a.k.a. the voice of nearly every Looney Tunes character you've ever seen commit a horrifying act of violence, was handed the reins of his own show in the 40s where he developed an eponymous repair shop owner who has no business being in that line of work. Special guest stars include sadly obsolete words like "nincompoopery."

Orson Welles Radio Almanac:
Readings from Shakespeare, 19th-century newspapers and presidential letters are among the highlights from this 1940s miscellany assembled by a true legend. A D-Day episode that dramatized news of the Normandy landing is essential listening.

Letters

RE: Don't Believe Everything You Think, says Metro's Paul Sullivan, published Oct. 30

While everyone is entitled to their own opinion, I think that publishing this article was in poor taste. Who is he to say what people can or cannot believe in? Just because science has proven that things don't exist, doesn't mean that we can't believe in them. Each and every person thinks and perceives (and believes) things in different ways, so to say to someone 'science proved this to be untrue; change your belief now,' is really low.

I also noticed that while angels, ghosts and Lucifer were touched upon, God was omitted. Why should you say that I can't believe in eternal damnation but eternal salvation is OK? If he was going to beat down those who believe in ghost and spirits, why not include those who believe in God?

Not to mention that while the article in whole is rude and condescending, the ending paragraph basically tells the readers that he is right and while people are bound to complain, they're nothing but 'trolls.'

Treasa Betts, Vancouver

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

metro

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DVD review

White House Down

Director. Roland Emmerich

Stars. Channing Tatum, Jamie Foxx

●●●○○

The word "excess" obviously doesn't appear in any dictionary owned by Roland Emmerich. There's no such thing as too much of anything to this most bellicose of filmmakers. So White House Down has exactly what you'd expect from the man and from the genre, only louder and dumber. If only he knew what to do with it. Emmerich can't seem to decide whether he's making a cautionary thriller about liberty's need for eternal vigilance or a blows-up-good buddy comedy featuring a bad-luck cop (Channing Tatum) and a badass prez (Jamie Foxx). Other films have car chases. This one has a car chase on the White House lawn, with the president inside an armoured limo brandishing a rocket launcher, trying to escape bad guys by blowing a hole in the iron fence. The only thing missing from this scene is a Dukes of Hazzard soundtrack. Some Emmerich films are dumber than the others, and this is one of the really dumb times.

PETER HOWELL

Record label's business is all about rocking the cradle

Rockabye Baby. CMH Label Group turns your favourite tunes into lullabies for baby — so you can sing along

PAT HEALY
Metro World News in Boston

Lisa Roth, the executive producer of Rockabye Baby. EARLY GIBSON

Lisa Roth often finds herself giving unlikely advice to musicians who are covering songs by the likes of Black Sabbath, Guns N' Roses, Jay Z and Kanye West.

"A lot of the times it's, 'I want you to produce this like there's a baby sitting in your lap while you're doing it,'" she says.

As vice-president and creative director of the CMH Label Group, Roth oversees a branch of the label that produces the Rockabye Baby series, in which musicians have taken the aforementioned artists and created lullaby renditions of their best-known work.

Roth created the series with co-worker Valerie Aiello in 2006 and she has since overseen more than 50 releases.

This week sees the release of a Nickelback compilation.

"When we developed this idea, no one here had kids," says Roth. "I am not sure we would have thought about lullaby versions of Tool if we did have kids."

For the uninitiated, Rockabye Baby releases are like a private game of Name That Tune that parents can play while their little ones benefit from soothing arrangements of classic tunes. Where a song like the Foo Fighters' Monkey Wrench in its original incarnation is characterized by its hard guitars crunching up against bombastic drums and Dave Grohl's rock 'n' roll screams, the Rockabye Baby version is an instrumental playground, led by harmonizing glockenspiels and filled out by little bird chirps, rattles and cute honks.

CMH Label Group releases about eight compilations per year, working with a small handful of producers, and Roth says the back-and-forth with a producer for each release could take as long as six months.

"There's a certain amount of training that we have to go through with these people because it's kind of nuanced; it's not an easy thing to do. I think people have preconceived notions when it comes to a lullaby, as if you should just play quieter and slower, which is not the case at all," she says.

"First of all, we are a record label, not a children's company. The music, whether the consumer notices it or not, means a great deal to us."

Yes, the consumer in question is a baby, one who's unknowingly being introduced to the greatest pop music of the past few decades (yes, there are people who would put Nickelback into that category, sadly).

But the consumer is also the parent who can hear songs he or she already loves without having to suffer through nonsense by purple dinosaurs or men in brightly coloured turtlenecks.

"I get to spend chunks of my day doing this thing," says Roth, "and listening to music and deconstructing these songs and picking the instruments, and it's like painting a little picture, and trying to do it with utmost deference and respect to the artists so they don't get annoyed."

It's not the size of the part that matters

The long-awaited film adaptation of Ender's Game has sparked more online discussion than most movies — whether among science-fiction fans or folks upset about author Orson Scott Card's anti-gay views — so it would make sense for its 16-year-old star, Asa Butterfield, to avoid the Internet. But he's not one for conventional wisdom, apparently. And while he's been making his mark in lead roles in his young career, Butterfield appreciates that it's not the size of the part that matters — something he picked up from Glengarry Glen Ross.

Isn't it a bit dangerous when you're in a movie to go around looking for stuff about it online?
Obviously I've got to respect that of course other people are going to have opinions, but I think it's impossible to not read things on the Internet.

Are there any areas where you can compromise if need be?
For me, definitely one of the most important parts is the character. It may be a lead, it may be a supporting part, it may just be very little, but as long as you can make your mark on the film, then you've sort of done your job. And one of the films I always refer to when talking about this is, do you know the Glengarry Glen Ross film? Alec Baldwin comes in at the start and pretty much just tells them to sharpen up. That scene, I mean that has one of the best pieces of acting I have ever seen — and it's his only scene in the film.

NED EHRBAR/METRO

Asa Butterfield, left, stars in Ender's Game, which opened Friday. CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lady Gaga ALL PHOTOS GETTY IMAGES

Lady and the Taylor: Are Gaga and her guy going to call it quits?

Lady Gaga and her Chicago Fire boyfriend, Taylor Kinney, have reportedly split up again, with Kinney citing her "insane workload" as an obstacle they can't get past, according to the Sun. "Taylor has told her she's married to her career and he can't deal with dating Gaga the mega-star and all her obsessions and alter-egos," a source says. "He loves the cool down-to-earth girl but hardly gets to see her." Seemingly proving Kinney's point, Gaga reportedly wants to address the issue — when she has a spare moment. "Gaga's hoping to meet up with Taylor when their schedule allow to talk things through," the source adds, but "Taylor told her they need time apart, and it's looking as if this might lead to a permanent split."

Dolly Parton

Twerkin' nine to five: Dolly doesn't mind how Miley makes a livin'

Plenty of members of the music community have offered Miley Cyrus unsolicited advice on how she's presenting herself, but don't expect Dolly Parton to join the chorus. "If she needs my opinion on something I will surely give it, and there have been times we've talked," Parton, who happens to be Cyrus' godmother, tells the Standard. "But I would never dream of calling her and saying, 'Well, why are you doing this?' or, 'You shouldn't do this or that.'"

The Word

Did that slo-mo beach dash prep Pam for the real deal?

MELINDA TAUB
Metro World News

Some marathoners can bounce back from a 26.2-miler like it was a walk in the park. Pamela Anderson does not appear to be one of them.

After her outing in Sunday's ING Marathon in New York City, Pamela tweeted a pic of herself covered in ice packs in bed. It's captioned, simply, "Ouch!"

I'm sure Pamela thinks the pain was worth it, though: The Baywatch star, who ran the marathon with her brother Gerry, raised nearly $76,000 for the J/P Haitian Relief Organization.

According to the marathon results page, Anderson finished the marathon in 5:41:03 — not bad for a 46-year-old lady who's used to running down beaches in slow motion. Several famous marathoners beat her, though: Fellow beautiful person Christy Turlington bested her by nearly an hour with a time of 4:35:32, while ER and Top Gun star Anthony Edwards, visibly energized on the course by the cries of "Goose!" that I shouted at him, crossed the finish line in 4:45:26.

Of course, the winner, Kenya's Geoffrey Mutai, could have finished the course twice before a single one of these celebs crossed the finish line. So Christy shouldn't get a big head.

Michelle Pfeiffer

Cult leaders may have tried to recruit a young Michelle Pfeiffer

Michelle Pfeiffer says that she was taken in early in her career by a pair of "very controlling" personal trainers who turned out to be cult leaders — and she didn't realize it until it was almost too late. "I wasn't living with them but I was there a lot and they were always telling me I need to come more," she tells Stella magazine. "I had to pay for all the time I was there, so it was financially very draining." The truth of the situation dawned on her while helping her first husband, Peter Horton, research a film in which he'd been cast about the Moonies. "We were talking with an ex-Moonie and he was describing the psychological manipulation and I just clicked," she says. "I was in one." She doesn't specify how she got out, though.

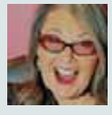
Yoko Ono

Yoko and Paul let their long-time beef be

Relations between Yoko Ono and Paul McCartney seem to have finally thawed, with McCartney telling Rolling Stone recently that he gets along fine with John Lennon's widow. Ono tells the Associated Press that it was good to hear and that she's "thankful" for his kind words. "He's a rocker," she says.

Twitter

@josswhedon
If I could do karate I probably would



@TheRealRoseanne
the devil is strong in this world-

@RebelWilson
I got HEAPS OF paper cuts today opening up a package of bathroom supplies. Such is life.

LIFE 3

Even gods need to feel the burn

Workout. As Chris Hemsworth reprises his role in Thor: The Dark World, we speak to his personal trainer, Michael Knight, about how he stays fit

ROMINA McGUINNESS
life@metronews.ca

The workout has clearly paid off. WALT DISNEY

"Once you get an actor to their desired shape, the tricky part is keeping them there — a lot of people tend to slack off," says Michael Knight, who's been training with Chris Hemsworth on and off for years.

Yeah, even the star of the new film Thor: The Dark World has a hard time maintaining that Viking god bod.

"Chris is in and out of movies, so the hardest part for me is making him lose weight quickly, and then getting him to put it back on without his body looking like hell," says Knight.

Hemsworth lost 30 pounds to play an F1 driver in Rush, and then had to put it right back on in time for Thor.

"So I always try and simulate that same workout in order to maintain his body shape in the long-term."

The maintenance workout designed by Knight specifically for Hemsworth revolves around three 20-minute sessions, which he does up to five times a week.

"My system is effective, and means you don't have to go out and do things that are going to tear up your body — like too much running or heavy weights," Knight said.

"The workout starts off slow and finishes with a fury. On some days, you're going into the time under tension method, which is where you're using really heavy weights to tire your core and kettle bells. On other days, you might be doing double kettle bells, or working with a heavy tire, and finishing with a cardio blast."

The Chris Hemsworth maintenance workout

If, like Hemsworth, you're already in shape, then this workout is going to keep your body strong. And it's all about big lifts.

"The idea is that you continually rotate body parts: so, one day you work your chest, the next day your back, then your shoulders, and then you go back to your chest, and so on. But you'll always be working the hips and the legs — they're the largest muscles in the body, and unless they get stronger, nothing else can," says Knight.

You're sometimes going to hit the same part twice in that week, sometimes once, but you're always going to start fresh again on Monday.

The workout is complicated, and unless you're thinking of auditioning for Thor 3, you don't need to go into so much detail. Here's the dummy version of the Chris Hemsworth maintenance workout.

What's on Thor's plate?

When it comes to food, you need structure. Knight recommends you keep your diet clean by sticking to complex carbs, lean protein and healthy fats.

- **The protein.** Chicken, fish, plant-based protein powder, whole eggs.
- **The carbs.** Oatmeal, green vegetables, brown rice, sweet potato and very little fruit.
- **The fat.** Grass fed butter, coconut oil, avocado.

Monday

Chest day
You'll have rested on the Sunday, so today is a big barbell day. Your body is going to be torched.

Workout highlights
Barbell squats and barbell bench presses followed by double kettlebell front squats and inclined dumbbell presses.

Tuesday

Back day
You're going to be a little tired and sore from Monday. You want a total body workout that's intense, but not so hard it's going to crush your body.

Workout highlights
An active warm-up of one-legged dead lifts, followed by back weighted pull-ups, and double kettlebell circuits to work the hips and the core.

Wednesday

Day off

Thursday

Shoulder day
This is a big day as you're coming off from recovery. Go back to your barbells.

Workout highlights
An active warm-up of dead lifts and strong man log presses followed by light squats and thrusters. Finish with ropes gone wild.

Friday

Chest day
100 per cent dumbbell day. Give it a quick pump.

Workout highlights
Inclined dumbbell presses with squats, followed by push up circuits and kettlebell snatch.

Saturday

Back day
This is a "show me what you've got left" day.

Workout highlights
Unweighted pull-ups, dead lift heaven balls and a metabolic cardio circuit, followed by jump ropes.

Sunday

Day off.

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What do you mean there isn't two O's in the word Mom?

Tattoo mistakes.
Think Before You Ink campaign raising awareness about the number of tattoos with errors in them

KIERON MONKS
Metro World News

Whether declaring love for the wrong person, or announcing a medical condition rather than a profound philosophy, an epidemic of tattoo mistakes are horrifying the body art community.

The worst type is foreign-language messages, for which over 60 per cent carry errors, according to translator and interpreter Sharon Stephens, who has set up Think Before You Ink, a campaign designed to avoid such awkwardness.

Was it an especially disgusting tattoo that encouraged you to launch the service?
Numerous really; there is huge demand for foreign language tattoos and I have seen some nightmares.

I thought there needed to be a service that allowed people to check and make cancellations, as there was nothing before.

David Beckham is no stranger to tattoos, but he got his wife's name wrong here in Sanskrit. LINTAO ZHANG/GETTY IMAGES

Chinese symbols are a common tattoo mistake. CONTRIBUTED

What are the most common or worst mistakes?
Chinese seems to be the main one. There was one man who thought he had "prosperity" but it was "diarrhea," another wanted "love and charity" but got "sweet and sour chicken." Since the campaign began people have approached us with more errors. David Beckham got his wife's name wrong in Sanskrit, and one man annoyed a Chinese tattooist, who wrote "cheapskate" on his arm.

Interesting. So are the artists to blame?
They know what they are putting on, but people need to be aware that literal translations are often totally wrong so they need to be clear on the meaning. One artist told me he would always get a local Chinese restaurant to do translations.

Is the problem also that people get tattoos when they're trashed and not thinking straight?
Western people seem to consider languages like Chinese to just be pictures rather than words, so they don't really consider the meaning. More than six out of 10 are wrong. The smart ones check first.

Besides language, many tattoos are offensive for esthetic reasons. Will you support a campaign against these?
I agree, but we can't do much about that. People need to take responsibility, as a mistake can be devastating.

Tattoo mistakes

Do you have tattoo mistakes that you're embarrassed by?

- **Online.** Find out more about the campaign at veritaslanguagesolutions.com.

Best Health

Delicious dynamic duos

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

At Best Health, we regularly look into the latest research on food science and how certain healthy foods work together to provide even more nutritional punch. We call these dynamic duos, and in our October Eat Well issue you'll find the latest instalment featuring these powerful food pairs.

Kale and walnuts
Together, they safeguard eye health. Kale and other dark leafy greens contain lots of lutein and zeaxanthin, a dynamic antioxidant that protects against cataracts and macular degeneration, both of which are leading causes of blindness.

The antioxidants are deposited in the retina, where they reduce sunlight damage.

You can bolster their absorption by eating leafy greens with some healthy fats such as walnuts.

Walnuts and kale make a healthy pair. ISTOCK PHOTOS

Side dish idea
Stir-fried kale with toasted walnuts.

Sweet potato and black pepper
Together, they help ward off cancer. Beta-carotene, an antioxidant in sweet potatoes, squash and carrots, has been shown to help reduce the risk for certain cancers, including breast and uterine, by limiting oxidative cell damage.

A 2009 study shows that black pepper improves the intestinal absorption of beta-carotene.

Healthy dip
Roast a couple of sweet potatoes: pulse in food processor with black pepper, ginger and a little olive oil and orange juice.

Beets and Eggs
Together, they help maintain brain function.

The nutrient betaine — which is high in beets and spinach — paired with choline, abundant in egg yolks and in liver, are a dynamic duo. Why?

A 2010 study found pairing them up can lower blood levels of homocysteine. That's a good thing, because elevated levels of homocysteine, an amino acid produced in the body, has been linked with a decrease in brain health as we age, and is shown to raise heart-disease risk.

Recipe idea
Roast cubes of peeled beet in vegetable oil in a 400 F oven for 20 minutes. When cool, toss with chopped romaine lettuce, crumbled feta, and an olive-oil dressing. Top with slices of hard-boiled egg.

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If you're going to wake up during the night, make sure it's for a good reason.
A.Vogel
Prostate
Sabalasan
A.Vogel
Prostate 1
Sabalasan
1 in 2 men over 50 suffers from the symptoms of Benign Prostatic Hyperplasia (BPH or enlarged prostate).
· Needing to go frequently, especially at night
· Incomplete voiding
· Erectile dysfunction.
It can diminish your quality of life and that of your partner.
There is one natural remedy clinically proven and approved by Health Canada to treat these symptoms safely and effectively:
Prostate 1 Sabalasan
Made from organic saw palmetto, it can improve both your symptoms of BPH and your quality of life.
Designed by nature. Proven by science.
Find out more at www.avogel.ca
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Eggplant gets fried and spiced and everything nice

Fried Spiced Eggplant with Cucumber-Garlic Sauce

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 small eggplant (1/2 pound and about 2 inches wide), cut crosswise into 1/3-inch-thick slices
- Kosher salt
- 2 tbsp all-purpose flour
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 to 1/2 tsp cayenne
- 1 large egg
- 1 tbsp water
- 1 cup panko bread crumbs
- 2 1/2 tbsp extra-virgin olive oil, divided
- 2-inch piece seedless cucumber
- 1/2 cup fat-free plain Greek yogurt
- 1 small clove garlic, minced

1. Heat the oven to 350 F. Sprinkle the eggplant slices lightly on both sides with salt. Transfer to a large colander, then set in the sink and let drain for 15 minutes.

2. Meanwhile, in bowl combine the flour, cumin, paprika and cayenne. In a second bowl, whisk egg and water. In third bowl, place the bread crumbs.

3. Pat eggplant slices dry. One at a time, dip each slice first in flour, shaking off excess, then the egg, letting the excess liquid drip off, then the bread crumbs, knocking off the excess crumbs (they will clump).

4. In skillet over high, heat 1 1/2 tablespoons of oil. Add eggplant slices, reduce heat to medium and cook until golden, about 2 minutes. Flip slices, add remaining tablespoon of olive oil and cook until golden on the second side, about 2 minutes.

5. Transfer the slices to a sheet pan. Bake on the oven's middle shelf until the slices are tender, about 15 minutes.

6. While the eggplant is baking, grate the cucumber on the coarse side of a grater. In a small bowl, combine the grated cucumber with the yogurt, garlic and a bit of salt.

7. To serve, transfer the eggplant slices to a platter and top each with a generous spoonful of the yogurt sauce. Sprinkle with parsley. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Health Solutions

Eggy truth

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know by now that the whole eggs are bad for your cholesterol thing is a myth. Except for extreme cases, an egg a day is perfectly healthy and it brings with it omega 3 fat, protein and brain protecting choline.

These days, though, you can spread your wings and try more than the run of the mill hen variety. Check these out:

• Lisa Hill of Pheasant Hill Farm in Owen Sound, Ont. raises pheasant, guinea fowl, partridge and duck eggs. All of her birds can "dust bath, chase and eat bugs, scratch in the gardens, spread their wings out in the sunshine or fly up and perch in a tree," which provides them a broader variety of nutrients. You have to find her or another farmer like her at their farm gate or farmers market, though.

• Quail eggs are tiny, pretty additions to any dish and they are said to be more concentrated in nutrients. Likely a poor and expensive choice for an omelet but chefs suggest their use as a garnish.

• Duck eggs are more widely available, richer and bigger versions of the chicken egg. Found in specialty shops, Asian markets or high end grocers, these large, oily yolked options will make the best fried egg sandwich any brunch can muster.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Hey baby, wanna earn some flowers tonight?

CarrotDating.com. Brandon Wade's newest app — which lets users bribe their way to a date — has stirred up some controversy

MICHELLE CASTILLO
Metro World News

MIT grad Brandon Wade — king of controversial dating apps — has a new one stirring up controversy: Carrot Dating. CarrotDating.com allows men and women to offer incentives — called "bribes" — to one another in order to snag a date. While some incentives are as innocent as flowers or dinner, others include a big trip or plastic surgery.

This comes on the heels of Wade's other ventures, sites like SeekingArrangement.com and WhatsYourPrice.com, which hooked up rich men with willing women. Wade insists this isn't prostitution, nor sexist. In fact, 25 per cent of the bribes are initiated by women, he claims. We asked him more about the slippery slope.

So Carrot Dating is...?
Carrot Dating really is bribing somebody for a date. I think when you look at most of my other dating websites, they were founded primarily from my mother's advice because I was really shy and sort of awkward. My mom saw that, and she basically told me to focus on my school. She said, "Someday when you're successful, you'll be generous and turn those around, when it comes to the dating game." Until I graduated, I was still struggling and still had the constant fear of rejection. I would never walk up to woman and use a pick up line. It's not my thing.

What you call generosity could be confused with prostitution. Do you agree?
How does generosity equal prostitution? That's a really long stretch! Prostitution is literally paying for sex. In this case, sex cannot be expected. It's something people obviously aspire to, especially on a dating site — they look for someone they share chemistry with. When you look at Carrot Dating, when you look at the most popular types of offers that people have been offering and accepting — the first one being flowers, the second one being dinners — that's what people do nowadays anyway. He usually buys her dinner or flowers. And that's certainly not prostitution.

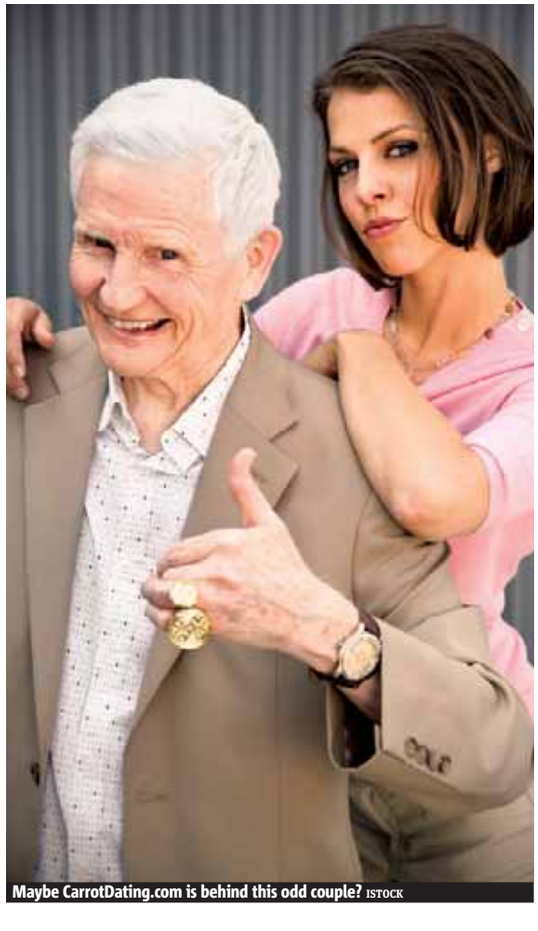
So why are critics calling the site misogynistic?
(Laughs) Maybe because we called it bribes, as opposed to incentives. Even incentives would be a little bit edgy. I think if we had called it something else, maybe something a little bit less playful or controversial, it wouldn't have caused as much of an uproar.

Have you ever used any of your websites?
I created Seeking Arrangement because I was just so frustrated with dating. I created that for myself. I was a user; had the very first profile on there.

I know you're in a relationship right now.
Yes, I met my wife about three years ago. We tied the knot about two years ago.

Did you meet her through a dating website or traditionally?
Traditional, I guess. She applied for a job, and we hired her, and I was working with her, and we kind of started dating and we fell in love and that's kind of the story. In a way, it was because of the websites that I built.

So there was no carrot?
Yeah, there was no carrot when I was dating my wife, but in a sense there was. I'd always give her gifts or a surprise weekend trip somewhere. But, that is one of the languages of love. Giving gifts is one of the five languages of love.



Maybe CarrotDating.com is behind this odd couple? ISTOCK

Why the temp life may be up your alley

Employment. Makeshift work has a bad rap, but it can prove useful for a variety of job seekers

YOUR MONEY
Alison Griffiths
money@metronews.ca

Research the kind of jobs posted by various temp agencies, and if a number of them match your skill set, contact the agency to ask about setting up an interview with a recruiter. ISTOCK

Does any of the following describe you?

- Self-employed with some hours to spare.
- A stay-at-home parent not ready for a full-time job.
- A young worker with skills but little experience.
- In-between permanent jobs.
- A retiree still eager to work.

If one of these profiles fits, then you might be perfect for the temp world. "Temporary work is also a good fit for anyone looking to gain additional experience and skills or obtain experience in a new field," says Shari Angle, Toronto-based vice president with Adecco, Canada's largest temporary recruitment agency.

There are temp agencies specializing in every industry and skill set from labourers to scientists. Not surprisingly, demand is tied to the economy.

"The temporary staffing market across Canada has fall seasonal demand in the areas of distribution, logistics, and warehousing which specifically drive temporary hiring in geographic areas near airports and ports of entry," points out Angle.

Wherever there is a strong economy and low unemployment, such as in Saskatchewan and Alberta right now, the availability of temp positions rises.

In Wild Rose country, for instance, there's a strong need for workers in a many areas that support the oil and gas industry. Temp workers can also be in demand during a poor economy because employers are reluctant to hire full time staff.

Temp work can lead into a career. Dawn Johnson, for example, took a handful of placements as a health-care accountant. Her most recent assignment lasted 18 months and then turned into a full-time job in Columbus, Ohio.

For some, the appeal of temp work is that it's, well, temporary. Calgary computer programmer Terri McGinnis travels with her husband on his contracts around the world as a forestry consultant. "I've had great assignments and lousy ones," she laughs, "but I always know they will come to an end."

As with seeking any kind of work, the best place to start is a well-crafted resume and reference letters. Angle stresses that people should research the kind of jobs posted by various agencies. If a number match your skill set, contact the agency directly to inquire about an interview with a recruiter.

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

The Stars' Valeri Nichushkin collides with Senators goalie Craig Anderson at Canadian Tire Centre on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Sens breathe sigh of relief over injury

NHL. Tests and scans on Anderson's neck come back 'as positive as can be,' goalie considered day-to-day

The injury to goaltender Craig Anderson isn't as severe as it originally appeared, which is some rare good news for the struggling Ottawa Senators.

Anderson was injured Sunday afternoon after being hit by Valeri Nichushkin of the Dallas Stars. He was taken off the ice on a stretcher, but was later seen walking on his own.

Senators coach Paul MacLean said Monday that Anderson had suffered a sprained neck and wouldn't be travelling to Columbus with the team for Tuesday's game against the Blue Jackets.

"All the tests and scans and whatever they did last night came back all negative and he's day-to-day depending on the level of comfort with a stiff neck," said MacLean. "We'll see when we come back Wednesday where he is for Thursday and onward, but it's as positive as can be."

Robin Lehner will get the start Tuesday for the Senators, who have just one win in their last seven games. Nathan Lawson is expected to be recalled from Binghamton to serve as back-up.

Lehner is 0-2-2 this season, but his teammates have full confidence in his abilities.

The 22-year-old was instrumental last season when Anderson suffered an ankle injury and in his five appearances this season has played well. He has faced 50 or more shots three times.

"(Lehner) has proved that he can fill in more than enough," said defenceman Marc Methot. "We have all the confidence in the world in him. He's a competitor just by nature. He works real hard, he's always prepared so he's the kind of guy you want in your corner." THE CANADIAN PRESS

Quoted

"I think the last two games we started to dig in and get an identity that we can work with and play with and we have to continue to work at it."

Sens coach Paul MacLean. The Sens are on a five-game winless streak.

NFL

Teammate accused of racism, bullying

Two people familiar with the situation say suspended Miami Dolphins guard Richie Incognito sent text messages to teammate Jonathan Martin that were racist and threatening.

The team and NFL continued their investigation into allegations by Martin's representatives that he was bullied. The NFL Players Association also planned to look into the matter.

THE ASSOCIATED PRESS

NFL

Kubiak kept under observation

Texans coach Gary Kubiak will remain in hospital until at least Tuesday after collapsing on the field at halftime of Houston's 27-24 loss to Indianapolis.

The team said the 52-year-old Kubiak experienced "dizziness and a light-headed feeling" during Sunday night's game before being taken by ambulance to a hospital.

THE ASSOCIATED PRESS

Slaying of Sean Taylor

Man convicted in murder of Redskin

A 23-year-old man was convicted of second-degree murder Monday in the 2007 slaying of Washington Redskins star Sean Taylor.

Eric Rivera Jr., who could be sentenced to life in prison, said his videotaped confession to police that he fired the fatal shot was given only under police pressure and amid purported threats to his family.

THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Try not to be too aggressive when dealing with people at work. In fact, with Venus, planet of harmony, moving into the career area of your chart today, you should go out of your way to be nice.

♉ Taurus
April 21 - May 21
Something you say today will have far-reaching consequences, so be on your best behaviour. Everything you put out into the world sooner or later comes back to you.

♊ Gemini
May 22 - June 21
You may feel you are being treated unfairly but complaining about it is unlikely to change the situation. Act as if you are completely unaffected by what other people say.

♋ Cancer
June 22 - July 23
Someone you meet today will tick all the right boxes. You will get along as if you've known each other for a lifetime. It's going to be a beautiful new friendship and, who knows, it may even be love.

♌ Leo
July 24 - Aug. 23
Don't push yourself hard today. Whatever tasks you have, there is no need to rush. This is one of those days when the world must, and will, wait for you.

♍ Virgo
Aug. 24 - Sept. 23
There are times when you should hold out for the best possible deal and there are times when you should compromise and this is one of the latter. Don't forget that profit is not the only thing to measure relationships by.

♎ Libra
Sept. 24 - Oct. 23
Today's positive cosmic influences will help you get your point of view across but don't forget that your view is one of many. There is plenty of room in this big, wide world for all shades of opinion.

♏ Scorpio
Oct. 24 - Nov. 22
Keep your ears open today and, if you hear a distant rumble, get yourself to higher ground as quickly as you can. There is some kind of upheaval coming and you don't want to be in the way when it arrives.

♐ Sagittarius
Nov. 23 - Dec. 21
You may have failed but that does not mean you are a failure. Smart people realize that failure is a brick in the wall of success. The more bricks you have, the higher you can build your dream.

♑ Capricorn
Dec. 22 - Jan. 20
You may feel assertive today but don't push people around you too hard because you are likely to spark some sort of rebellion. Always see partners as human beings, not mere cogs in your grand design.

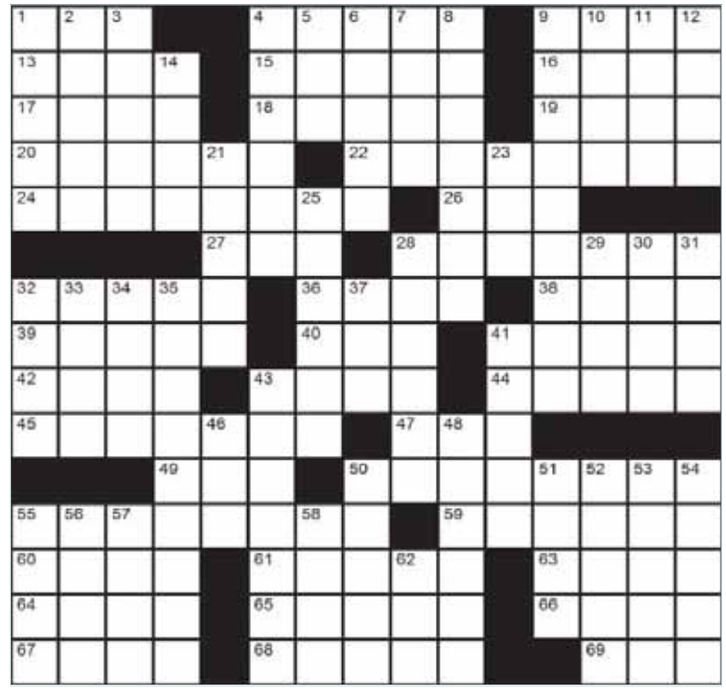
♒ Aquarius
Jan. 21 - Feb. 19
If someone gives you a hard time over the next 24 hours, you should smile and let them see it does not bother you. They will go and find someone who is easier to annoy.

♓ Pisces
Feb. 20 - March 20
Stop worrying about things that might go wrong. It's not about what you can and cannot do, it's about your attitude to life in general. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



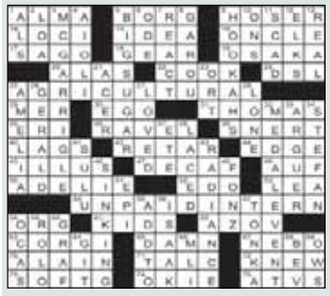
Across

1. Mil. force that protected the Allies from U-boats in the North Atlantic during WWII
4. Junk
9. Law
13. Lightbulb moments!
15. __ donna
16. Characters' selves
17. Mr. Julia
18. On-a-field sport
19. Bouncy-less hair
20. Typos
22. __ Fitness (Canadian health clubs chain)
24. Saskatchewan's CFL team nickname
26. Liberace's nickname
27. Plus...
28. __ tape
32. Barely believe
36. Wading bird
38. Rupture
39. Killer whales
40. Cul-de-__
41. Choreographer, Bob __
42. Count on
43. The pair
44. Skilled at crafts
45. Someone from Juneau's state
47. "Ha! See __ _ care."
49. Actor Mr. Avery
50. Manitoba: Landscape features in Wapusk National Park: 2 wds.
55. Calgary-Edmonton __ (Alberta region)
59. Patrick J. __ (Questions remain over his conviction/execution for the 1868 assassination of Father of Confederation, Thomas D'Arcy McGee)
60. Sore spot, slangily
61. Ruin
63. Julia Roberts' actress niece
64. Created
65. Topic
66. Li'l thermometer reading
67. __-a-porter
68. Sniffers
69. '_' __ in Cornwall

Down

1. More pink, as steak
2. "Cuchi-cuchi"-saying songstress
3. South Pacific island country
4. Twisted ankle injury
5. Grand __ (Wine classification)
6. 1973: Billie Jean King's famous tennis opponent Bobby
7. Podium
8. "Eyes of a Stranger" band from Vancouver
9. Arcade Fire's latest album
10. Certain citrus
11. Bread's shape
12. Renaissance family name
14. Smelting waste
21. "__ a wrap!"
23. __ Plaines, Illinois
25. 2005 Justin Timberlake movie
28. Canadian Hip-Hop artist, __ Mee
29. 'Luck' suffix (Most fortunate)
30. Northern BC's __ River
31. Stone hue
32. "__ the Explorer"
33. Mr. Hershiser
34. Univ. in The States
35. Thoroughfare-of-finance in Toronto: 2 wds.
37. Cricket club
41. Country's Ms. Hill
43. __ Family (Acting brothers)
46. Garden pond fish
48. November 5th: Guy __ Day
50. The __ (Journalists as a group)
51. Turn __ red (Get embarrassed)
52. Person of ancient Mexico
53. Sci-Fi weapon, __ ray gun
54. Breaks branches
55. Free pass, commonly
56. Man _' __ (Legendary racehorse)
57. Drive
58. "..._ __ it seems." (That's how things look)
62. Acting aids, __ cards

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	4	2	5	7	6	8	9	3
5	6	9	3	4	8	2	7	1
8	3	7	2	1	9	4	6	5
9	5	8	6	3	2	1	4	7
4	7	6	1	8	5	9	3	2
2	1	3	7	9	4	5	8	6
6	2	4	9	5	7	3	1	8
3	8	5	4	6	1	7	2	9
7	9	1	8	2	3	6	5	4

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Wednesday
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Variable
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Check the 14 day trend.
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"A DIE HARD-STYLE THRILLER THAT WILL MAKE PULSES RACE!"

- Claudia Puig, *USA Today*

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